



Here are some tips to help you decide on potential arthritis treatments:

1. Make sure you understand your treatment options.
2. What are the positive and negative aspects of those treatments? (*Do your research*)
3. How long before the treatments are expected to work?
4. Will your health insurance cover the treatment? If not, can you afford the treatment?
5. Are you willing to commit to the treatment?
6. Will the treatment conflict with any other health problems?
7. Are these my only options?

Notes:

Excerpt from [*Do You Struggle with Arthritis Treatment Decisions?*](#)